

Good for You Gourmet Personal Chef Service Packages: Fall 2022

Each Good For You Gourmet service package has a set fee based on time required to produce volume and variety of menu selected, plus GST, plus grocery costs ranging from \$10-15/portion, very much based on menu selected and market cost of ingredients. On the day of service, Chef Laura arrives with armloads of fresh whole foods ingredients, and prepares clients menu in their home. The groceries are pre-paid by clients with either a Thrifty Smile Card, Lifestyle Markets shopping card, Visa Shopping Card, or Debit card, with cash being the most versatile option. Service fee plus GST is invoiced within 24 hours of service date, and may be paid via cheque, interbank transfer or PayPal, and is due within 24 hour of invoice date. Clients may choose from the following service packages, or create a customized service plan to suit their individual preferences.

Fresh In A Flash x 16 meals: \$279 plus 13.95 GST for a fee of 292.95 PLUS groceries based on menu (approx. \$185-225) Created for busy singles, students and independent seniors, this service provides a new selection of lunch and dinner meals every 2-3 weeks, based on rate of consumption. Choose any four entrées, casseroles, soups or stews, and Chef Laura will stock up your fridge and freezer with four servings of each for a total of sixteen delicious meals. Expand your options by adding one or two Super Salads with Protein Toppers (2 or 4 portions each) to your menu for an additional service fee of \$28-30 per recipe, plus GST, and grocery costs, for each new add item.

Recommended every 2-3 weeks for a single adult, every 1-2 weeks for 2 adults, or once every week for a family of 3-4 if being used for occasional meals (2-3 nights per week), and more frequently if GFYG meals are being eaten more often (4-5x dinners per week)

Fresh in a Flash x 32 meals FEE: \$349 plus 17.45 GST, for a fee of 366.45, PLUS grocery costs based on menu (approx. \$350-375). Designed for those with busy schedules, this service provides a good selection of wholesome entrées to have on hand, easily accessible and ready to cook off, or reheat and serve. Choose any 4 entrées, casseroles, soups, stews/chowders or Buddha Bowls, and Chef Laura will make 8 servings of each for a total of 32 delicious serving. Expand your options by adding one or two Super Salads with Protein Toppers (2 or 4 portions each) to your menu for an additional service fee of \$28-30 per recipe, plus GST, and grocery costs, for each new add item.

Recommended every 3-4 weeks for a single adult, every 2-3 weeks for 2 adults, or once every 2 weeks for a family of 3-4 if being used for occasional meals (2-3 nights per week), and more frequently if GFYG meals are being eaten more often (4-5x dinners per week)

Singles, Doubles & Seniors Service x 36 meals FEE: \$369 plus 18.45 GST, for a fee of \$387.45, PLUS groceries based on menu (\$375-400 approx.) Choose any 3 entrées recipes from your custom menu of entrees, casseroles, soups/stew/chowder/Buddha Bowls, and we will prepare 12 servings of each, for a total of 36 single servings. We

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package, label and refrigerate or freeze these items according to your preferences. Simply thaw and reheat, then enjoy!

Recommended every 4-5 weeks for a single adult, every 3-4 weeks for 2 adults, or once every 2-3 weeks for a family of 3-4 if being used for occasional meals (2-3 nights per week), and more frequently if GFYG meals are being eaten more often (4-5x dinners per week)

Meals in Minutes Service x 48 meals FEE: \$389 plus 19.45 GST, for a fee of \$408.45, PLUS groceries based on menu (\$500-535 approx.) For those with busy schedules, this volume service provides our most cost efficient option overall. However, client will need to have large freezer capacity. Provides a greater variety of wholesome entrées on hand, for quick and easy heat & eat meals in minutes! Choose any 4 entrées, casseroles, soups/stews/chowders or Buddha Bowls from your custom menu, and we will prepare 12 servings of each for a total of 48 servings, made to your families exacting preferences and ready to when you are to heat and eat.

Recommended every 5-6 weeks for a single adult, every 4-5 weeks for 2 adults, or once every 3-4 weeks for a family of 3-4 if being used for occasional meals (2-3 nights per week), and more frequently if GFYG meals are being eaten more often (4-5x dinners per week)

Mini Meals In Minutes x 24 meals: \$299 plus 14.95 GST, for a fee of \$313.95, PLUS groceries based on menu (approx. \$260-285). Designed for those with busy schedules, this service provides a great selection of wholesome entrées to have on hand as options for a few nights per week over 6-8 weeks time frame for one person, or every 3-4 weeks for a couple. Choose any 3 entrées, casseroles, soups/stews/chowders or Buddha Bowls, and Chef Laura will make 8 servings of each for a total of 24 delicious servings.

Recommended every 2-3 weeks for a single adult, every 1-2 weeks for 2 adults, or once every week for a family of 3-4 if being used for occasional meals (2-3 nights per week), and more frequently if GFYG meals are being eaten more often (4-5x dinners per week)

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Customized Service Do you have your own ideas about how you would like your service to look? No problem! We offer the option of creating your own customized service, where you can design a package to suit your vision and budget. We can take care of all your lunch and dinner mealtime requirements, so you barely need to lift a finger! For families with special dietary needs, such as gluten or lactose intolerance, we work with you to create a customized service. Fees for custom services vary based on requirements to provide the service. Grocery costs will vary for each service, and are pre-paid with grocery float. Give Chef Laura a call at 250.514.1544

ADD any of the following options to your service plan:

Pantry Items: sometimes clients want specific breakfast and snack items picked up for their household, and since GFYG Chef Laura is out shopping for them already, its a small matter to add on a "Pantry Items' shopping list, consisting of clients specific grocery requests. For a small surcharge of \$9.95 plus GST, (to pick up extra items from stores we are already shopping at), or \$19.95 plus GST (to make a special run to any specific in-town store), Chef Laura will use your grocery funds to buy these items, acting as an agent on your behalf, saving you time and effort, and ensuring you have the breakfast and snack items you want, and need, on hand!

Desserts: would you like some Muffins or Cookies made with whole foods ingredients too? For an additional service fee of \$28-30, (based on complexity of recipe), plus GST and grocery costs, Chef Laura will make a batch of 12 full size/large or 24 small/mini cookies or muffins or other dessert while she's preparing main meals in your home. Ask for our Dessert Menu today!

Salad(s): add on one or several Salad selections to any of our service plans, for a surcharge of \$28-30/per salad selection, (for each set of two to four servings) plus GST, and grocery costs. Ask for our Salad menu!

House blend Oatmeal Mix: 1 kilogram organic rolled oats, non-irradiated NON-GMO cinnamon and ginger, Turbinado or coconut sugar, and one pound of un-sulphured dried organic fruits (Craisins, diced apricots, goji berries, cherries and/or blueberries) Cost: 9.99 plus GST, plus market cost of ingredients.

Hard boiled Eggs: 6-12 organic Chicken or Duck Eggs, hardboiled. Service fee of \$6 plus GST, plus market cost

